

Crock Pot Apples

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Based on Hungry Girl's Scoopable Apple Pie Recipe

Makes 5 cups. All Plans, 1 cup – 0 points

- 3 pounds apples, peeled and sliced
- 2 Tbsp cornstarch
- 3/4 cup water
- 3 Tbsp zero calorie brown sugar such as Swerve or Surkin Gold
- 2 tsp cinnamon
- 1 tsp nutmeg
- 1/4 tsp salt

1. Place apples in slow cooker.
2. In a bowl, mix together cornstarch and water. Whisk to dissolve. Add in brown sugar, cinnamon, nutmeg, salt. Whisk to combine.
3. Pour over apples in crockpot.
4. Cook on high for 2 1/2 to 3 hours
5. Serve with redi whip or ice cream